

## **UPCOMING SOCIAL EVENTS**

### **VALENTINE'S TEA PARTY**

Treat yourself to a special Valentine's Tea on Thursday, February 9<sup>th</sup> from 1:00 p.m. until 2:30 p.m., hosted by Joanne Pratt. Indulge in delicious goodies and fine teas while you relax and enjoy the company and conversation with each other. We have limited seating, so please call the senior center at 508-543-1252 to sign-up. Reservations will be taken until Monday, February 6<sup>th</sup> or until all spots are filled, whichever comes first. In honor of Valentine's Day, please wear red for the event, and as always, bring your favorite tea cup.

### **SENIOR SOCIAL**

Break up the mid-winter doldrums by getting together with friends at our Senior Social on Thursday, March 1<sup>st</sup> from 12:00 p.m. – 4:00 p.m. at Lakeview Pavilion in Foxborough. Enjoy a delicious dinner and lively music in a beautiful setting as DJ Dave Valerio plays musical favorites for you. A cash bar will be available as well. Sit back and enjoy the music, sing along, or kick up your heels with some line dancing...your choice. We will have line dancing classes on February 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup> at 11:30 a.m. at the senior center. The cost for this event is \$23 and will be due by Friday, February 24<sup>th</sup>. There is plenty of room for all, so be sure to let your friends know that we would love for them to join us. Sign-up now for this event by calling the senior center at 508-543-1252.

#### **Monday, January 30**

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

#### **Tuesday, January 31**

Stretch & Balance 8:30 a.m.

Manicures (by appointment) 9:30 a.m.

Nutrition Class 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

#### **Wednesday, February 1**

Strength Training 8:30 a.m.

Painting with Bob McLeod 10:00 a.m.

Chorus 10:00 a.m.

Video Lecture Series: The Louvre 11:30 a.m.

Lunch @ Chickie Flynn's 11:30 a.m.

Dollar Tree Store 1:00 p.m.

Zumba 2:30 p.m.

#### **Thursday, February 2**

Ceramics 9:00 a.m.

Pre-Diabetes Screening (by appointment) 9:00 a.m.

Registry of Motor Vehicles Disability Placards 11:00 a.m.

Book Club 1:00 p.m.

Beginner Computer Class 1:00 p.m.

Intermediate Computer Class 2:00 p.m.

#### **Friday, February 3**

*No Card Making Class Today*

Stop & Shop 8:30 a.m.

YMCA Exercise 9:30 a.m.

Cribbage 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. [www.foxboroughma.gov](http://www.foxboroughma.gov)

### **SPECIAL SCREENING OPPORTUNITY**

If you have missed any segments from the video lecture series “The Louvre,” we will re-run the ones you didn’t get to see on Thursday, February 16<sup>th</sup> (times to be announced). Just give us a call at 508-543-1252 and let us know which lectures you missed and we will set up a schedule accordingly. This series has been very well received and we want you to have an opportunity to see it all before we loan it out to a neighboring COA for their enjoyment. \*If you will be on the “Mary Poppins” Trip that day, we will try to arrange another viewing to accommodate you.

### **SPECIAL EVENTS AND PROGRAMS**

#### **AARP TAX ASSISTANCE**

Free income tax assistance will be available for seniors through the Tax Aide program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with benefits that may be available to you. The AARP Representatives will be available at the senior center on Tuesdays beginning February 7<sup>th</sup> through April 10<sup>th</sup>. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the “Tax Preparation Packet” at the senior center. This paperwork must be completed and brought with you to your appointment.

#### **“CIRCUIT BREAKER” TAX CREDIT**

The “Circuit Breaker” Credit is a real estate tax credit available to persons age 65 and older. You do not need to normally file an income tax return to be eligible; however, the Massachusetts income tax form is the vehicle used to get the refund. You can file for the current 2011 tax year as well as retroactively for the years 2010, 2009, and 2008. The amount you receive is based on a formula. The maximum credit for the 2011 tax year is \$980. You must be 65 by December 31<sup>st</sup> of the year for which you are filing. This program is available for both homeowners and renters. For more information, you may call The Massachusetts Department of Revenue Customer Service Bureau at 617-887-MDOR or toll free 1-800-392-6089. To apply for this program, you may contact Noreen Sherys, Community Social Worker, at the senior center by calling 508-543-1252.

#### **DISABILITY PLACARDS AND PLATES**

On Thursday, February 2<sup>nd</sup> at 11:00 a.m., the Registry of Motor Vehicles will offer a free presentation at the senior center on how to obtain a disability placard or plate and the laws governing them. The workshop will also provide safety tips for drivers. Please call us at 508-543-1252 to sign-up for this important and informative program.

#### **LINE DANCING**

Get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through line dancing steps. The steps are uncomplicated and the classes are lots of fun. According to a study in the New England Journal of Medicine, dancing makes us smarter! The physical activity of dancing offers protection against dementia. Dancing helps us to create new neural pathways by integrating several brain functions at once, increasing connectivity. So come and have fun learning these dances while improving your brain power! Line Dancing Classes will be from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: February 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>. Then watch for upcoming details on our March 1<sup>st</sup> Social at Lake View Pavilion where you will be able to put your new steps and dances into action! Please call the senior center at 508-543-1252 to sign-up.

### **MEDICAL INFORMATION AND SERVICES**

#### **PODIATRIST**

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of each month at 12:00 noon. His next visit will be on Monday, February 6<sup>th</sup>. Clients are seen

on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation ... call 508-543-1252 to arrange a ride.

### **S.H.I.N.E. – TUESDAY, FEBRUARY 7, 2012**

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have a SHINE (Serving Health Information Needs of Elders) counselor. Judy Murphy of HESSCO (Health and Social Services Consortium), covering Norfolk County, will be at the senior center on Tuesday, February 7<sup>th</sup> at 10:00 a.m. Please give us a call at 508-543-1252 so that we can make an appointment for you to talk to Judy.

### **VNA CARE NETWORK IS OFFERING A FREE PRE-DIABETES PROGRAM**

Come join us to learn if you are at risk for pre-diabetes and what you can do about it. VNA Care Network, through funding from HESSCO Elder Services, is providing a free two-part Pre-diabetes Program at Foxborough COA. Pre-diabetes has become a major health concern. In fact 79 million people in the United States have pre-diabetes and the number is increasing, particularly among seniors. Pre-diabetes is a condition where your blood sugar levels are higher than normal, but not high enough to be called diabetes. It can cause damage to your body before you are aware that it is occurring. Recent research shows that people with pre-diabetes can prevent or delay diabetes from actually developing by making some simple lifestyle changes. This two part program will evaluate your risk for pre-diabetes. The first session will be held on Thursday, February 2<sup>nd</sup> from 9:30 a.m. to 11:30 am. An appointment is necessary. A VNA Care Network Registered Nurse will meet individually with each participant to help identify personal risks and provide information to help minimize risks. The second session on Thursday, February 9<sup>th</sup> at 10:00 a.m. is a more in-depth group talk which highlights helpful strategies including healthy recipes. Become pro-active and learn how to make these easy lifestyle changes. For more information or to sign up for an appointment, please contact the Foxborough COA at 508-543-1252.

### **CHAIR MASSAGE**

Meet Dan McComiskey, a Licensed Massage Therapist as well as the owner of “A New Vision Family Massage Therapy” now located at 21 Cocasset Street, Suite #3, Foxborough, MA. Dan is beginning to offer Chair Massage Therapy at the Foxborough Senior Center and will be here every other Thursday morning. His next scheduled day will be on February 9<sup>th</sup> beginning at 9:00 a.m. Dan will provide a 15 minute chair massage for \$10. There are so many studies that reveal just how important and beneficial massage can be for seniors. It helps to achieve physical benefits such as stress reduction, improved immune system, improved circulation of both blood and lymph fluids, as well as reduction of pain. The emotional benefits include alleviating depression, relieving isolation, enhancement of self-image, as well as a reduction in levels of anxiety. Finally, some of the mental benefits are a reduction in agitation in Alzheimer’s patients, as well as an increase in clearer thinking. Please call 508-543-1252 to arrange for your appointment.

### **REGULARLY SCHEDULED BINGO!**

Calling all Bingo players...Come and join the fun on the 1<sup>st</sup> Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, February 7<sup>th</sup> from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

### **BOOKS ON TAPE BOOK CLUB**

The Book Club meets at the Foxboro Senior Center on the first Thursday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this

group. The group is led by Outreach Social Worker, Noreen Sherys. Our next meeting is on Thursday, February 2<sup>nd</sup> at 1:00 p.m. If you would like to participate in this group, please call 508-543-1252.

## **COMPUTER CLASSES**

Our next session of beginner computer classes will be held each week beginning at 1:00 p.m. on Thursdays from February 2<sup>nd</sup> through February 23<sup>rd</sup>. The intermediate level Computer Club will follow at 2:00 p.m. These classes will be held in the beautiful Coppola Computer Lab at the senior center and will be offered FREE by the instructor, Kevin Gleason. Kevin is a semi-retired associate professor of business subjects having taught 22 plus years at the college level as well as offering computer classes at other area senior centers. Please let us know if you are interested in these opportunities by calling 508-543-1252 to sign up.

## **PAINT IN A DAY**

Come and explore your creative talents at the senior center. You will amaze yourself when you leave that afternoon with a fantastic painting done by you ... enjoy a Bob MacLeod painting class, and you'll want to come back for more! This class is for everyone, not just the experienced, so give it a try! Bob MacLeod's next visit to the senior center will be on Wednesday, February 1<sup>st</sup> at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited. If you would like to sign-up, please call the senior center at 508-543-1252.

## **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

February 1 Dollar Tree Store

February 8 Christmas Tree Shops

February 15 Wal-Mart

## **TRAVEL AND ENTERTAINMENT**

### **"LUCK OF THE IRISH"**

Come along with us to the "Luck of the Irish" St. Patrick's Day Celebration on March 15<sup>th</sup> in East Windsor, Connecticut. You will enjoy a wonderful sit down lunch at La Renaissance which will include your choice of Corned Beef & Cabbage or Chicken Marsala, Irish Soda Bread, Potato, Vegetable, Holiday Dessert, Coffee & Tea. After lunch enjoy an entertaining afternoon with Seamus Kennedy originally from Belfast, Northern Ireland, who has been entertaining audiences all over the United States for the past 32 years with his ready wit and vast store of songs. Seamus Kennedy has the repertoire and the ability to make folks forget their cares for awhile, to relax and enjoy themselves as he encourages the crowd to sing along. You don't have to be Irish to enjoy Seamus Kennedy so come along and enjoy the music and mirth of one of Ireland's most popular exports. The cost for this fun and festive day is \$73 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, February 10<sup>th</sup>. Your motorcoach bus will depart from St. Mary's Church parking lot at 9:00 a.m. on Thursday, March 15<sup>th</sup> and will return home at approximately 5:00 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252.

## **SAND FOR SENIORS**

"Sand for Seniors" is a community development project by the FOXBORO JAYCEES to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, we can deliver a bucketful to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at [mohsenkh53@hotmail.com](mailto:mohsenkh53@hotmail.com).

## **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.**

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50.

The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

**Monday, January 30**

Spinach & Cheese Omelet  
Hash Brown Potatoes  
California Blend Veggies  
Fruit Muffin  
Applesauce

**Tuesday, January 31**

Breaded Chicken  
Italian Pasta  
Roman Blend Veggies  
Multigrain Roll  
Chilled Fruit

**Wednesday, February 1**

Pork Tetrazzini  
Peas & Carrots  
Dinner Roll  
Fresh Fruit

**Thursday, February 2**

Roast Turkey W/Gravy  
Cranberry Sauce  
Potato & Squash  
White Bread  
Brownie

**Friday, February 3**

Spaghetti W/Meatballs  
Italian Blend Vegetables  
Whole Wheat Bread  
Peach Cup